

## Rev. Annett's lonely fight

by Steve Bonspiel

The abuse and murder suffered by generations of Aboriginal children at residential school is the most horrific and blatant attempt to commit cultural genocide against Aboriginal peoples in Canada's checkered history. It is a story everyone should be familiar with by now.

Those children did not only suffer sexual, physical and mental abuse under the guise of receiving an "education," many never returned to their families. Some were allegedly murdered, or died of malnutrition and poor health care, or were surreptitiously put up for adoption to non-native families. In some cases they were left for dead after a failed escape attempt from the brutal and unwarranted misdoings of their "teachers" at the schools.

One huge question remains: How do Native people get over this terrible legacy of the Canadian government and the Christian churches? The answer might be never.

How can something so deliberately aimed at destroying a people's culture and identity be forgotten or forgiven?

Even those of us who did not go to residential schools are feeling the effects. Preceding generations had to fight for their very survival, and with that fight they lost much of their compassion and ability to demonstrate love to their offspring. As a result we have many people walking around who are shells of what they could have been.

There are also the many forms of abuse passed down from generation to generation, helping to create alcoholic sons and drug-addicted daughters. Such behaviour is a direct result of the horrors experienced behind those residential school walls.

Reverend Kevin Annett is doing his part to raise awareness of the issue. He is currently on a cross-Canada tour to promote his two books and his documentary, entitled *UNREPENTANT: Kevin Annett and Canada's Genocide*.

His film is moving and to the point. It tells the story of residential school abuse

with first-hand accounts and documents and photographs to back it up.

Reverend Annett is looking for the bodies of an estimated 50,000 children who went missing after being forcibly deported to residential school.

Soon after he started preaching at St. Andrew's United Church in Port Alberni, BC, in 1992, Reverend Annett learned about the atrocities suffered at the schools and began to raise questions with church officials. Strict warnings from the United Church hierarchy to keep quiet failed to silence him and he was soon defrocked.

But Annett vowed he would never stop fighting. He knew that the stories he heard had to be true. If not, why was the church constantly smearing his name and doing everything in its power to discredit him?

"The Church should not only be held accountable, but it should be learning from this stuff," he said. "They think they can just put their heads in the sand and ignore it."

The residential school settlement that will pay survivors roughly \$28,000 in "common experience" payments is a morbid joke. Is the loss of a language worth that little? What about a persons' life?

The Truth and Reconciliation Commission is no better. Survivors are told not to talk about their settlements and the commission overseeing the five-year "healing" period has no power to speak of.

Nor will the Commission examine the issue of the disappeared children. As Reverend Annett noted, "They won't have the power to issue summons for documents or to make inquiries about prosecuting people who did these crimes."

It is time to own up Canada. Where are our missing children? They need to be brought back home for a proper burial and the longer we wait, the longer the pain and bitterness lingers.

## **Contents**

Rev. Annett's lonely fight

## editorial

rez notes
A 5% solution 4

3

## news

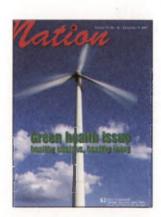
Air Creebec tragedy 5
Where are the children? 7
In brief 9

## Green and health features

Hydro vs. other provinces 10
Living off the grid 11
Cleaning with poison 13
Knowledge for Cree diabetics 15

## **Under the Northern Sky**

Many Elders affected by arthritis 23



## A 5% solution

I remember the days when everyone had to pay at least some income tax. That was also the time when the annual income tax return had to be filled out by hand.

Those days may still be here, but it seems that whenever I make my tax return, I don't get anything back at the end. Why? Is it because I've been lumped into the same groups as every other tax evader or is it that tax is a three-letter word? A word that has no meaning or a word that has profound consequence when paid at the till at some Wal-Mart or any other retail outlet? Let me explain...

Once upon a time, tax was the denizen of the lowly worker, forced to pay their dues to someone who owned the land they toiled on. These poor labourers had no choice but to fork up and pay the bourgeoisie so that they could enjoy drinking fine wines out of crystal glasses and go to horse races with their fair ladies in waiting.

Today, the horse race is still there and so is the fine champagne, but now everyone pays their taxes. Many taxpayers say that Indians don't pay taxes, but we do, at every gas station, depanneur and store in Quebec, including bars. Why is this so? Let me explain further....

When Quebec attempted to go on its own as a separate country a dozen years ago, it envisioned everyone paying tax to the government and getting rich off the backs of every hard-working Jeanne and Jacques. Just the same as in the old days, but, with one catch: they had to be part of the country of Quebec. Where did that leave us, as non-taxpayers? Good question.

Paying taxes, it seems, is just as sure as death, you live, you die and you pay taxes in between those two phases.



I can think of the many ways we continue to pay taxes to the government today. First at the till; our status cards now work only outside of the wannabe country of Quebec, where for some reason or other. Indians are taxed and no notice is given to our status card and usually given the snooty nose up attitude when questioned. We pay taxes at restaurants and on everything we pay for, except on reserve lands. Once off our sacred lands, the tax man breathes down our necks with a panting fervor usually reserved for neck lovers such as vampires.

Another tax we pay to the government is a hidden tax. It's hidden in the pleasure centre in our brains and this centre urges us to pay more than we can afford. What tax can do that? VLT tax, that's what.

In one year, we paid an equivalent of 25 million smackaroonies to the Quebec government in bars and casinos around the province. This is a self-adjusting tax; it depends on how much you make and how much you can't afford to put in.

For some, it is as high as 99 per cent. For others, it's the cost of a bingo card. For many, it's something we just can't get by without. It's the voluntary tax that eats away our hard-earned moolah and can't be accounted for.

Who wants to know that mom and dad is supporting someone else's sports dreams and don't have enough money left over to buy that hockey stick?

The only good thing I've heard lately is that the feds are lowering the infamous GST by one per cent and offering the whole country their five per cent solution, to which we all breathe a sigh of tax relief.

the Nation is published every two weeks by Beesum Communications

EDITORIAL BOARD W. Nicholls, L. Stewart, N. Diamond, E. Webb

EDITOR IN CHIEF Will Nicholls

ASSISTANT EDITOR
Steve Bonspiel

IYIYUU AYIMUUN EDITOR Brian Webb

COPY EDITOR
Lyle Stewart

CONTRIBUTING WRITERS Amy German, Claire MacKinnon, M. Legault, X. Kataquapit, S. Orr

PHOTOGRAPHY S. Bonspiel, D. Valade, N. Diamond, W. Nicholls DIRECTOR OF FINANCES Linda Ludwick

SALES REPRESENTATIVE
Danielle Valade

PRODUCTION COORDINATOR

Claire MacKinnon

LAYOUT & PRODUCTION

THANKS TO: Air Creebec

### WHERE TO REACH US:

POSTMASTER:

Richard Lawson

7he Nation PRODUCTION OFFICE 4529 CLARK, #403

MONTREAL, QC., H2T 2T3

EDITORIAL & ADS

TEL.: 514-272-3077, FAX: 514-278-9914

The Nation HEAD OFFICE

P.O. BOX 151, CHISASIBI, QC. JOM 1E0

www.beesum-communications.com

E-MAIL ADDRESS:

Editorial: nation@beesum-communications.com

news@beesum-communications.com

news@beesum-communications.com

Ads: ads@beesum-communications.com

Classifieds: beesum@beesum-communications.com

**OCNA** 

### SUBSCRIPTIONS

INDIVIDUALS & INSTITUTIONS:

\$45 PLUS TAXES

ABROAD: INDIVIDUALS: \$70 U.S.

ABROAD: INSTITUTIONS: \$85 U.S.

PAYABLE TO BEESUM COMMUNICATIONS

PRINTED BY IMPRIMERIE LEBONFON

ALL RIGHTS RESERVED

ALL RIGHTS RESERVED

PUBLICATION MAIL #40015005

ISSN #1206-2642

The Nation IS A MEMBER OF:

THE IAMES BAY CREE

1112 JAI 123 BAI C

COMMUNICATIONS SOCIETY,

CIRCLE OF ABORIGINAL

CONTROLLED PUBLISHERS,

MAGAZINES CANADA

QUEBEC COMMUNITY NEWSPAPER ASSN.
CANADIAN COMMUNITY NEWSPAPERS ASSN.
LES HEBDOS SÉLECT DU QUÉBEC

We acknowledge the financial support of the Government of Canada through the Canada Magazine Fund toward our editorial costs.

Canada



## AIR CREEBEC PLANE CRASH LANDS

## Two pilots perish on Chibougamau runway; cause currently under investigation

By Steve Bonspiel



Denis Dubeau and Paul Couto died in the crash

Air Creebec staff are in mourning after a crash took the lives of two pilots during an ill-fated attempt to land at Chibougamau Airport October 25.

It is still unclear at this time what caused the crash. Air Creebec President Albert Diamond would not speculate on possible causes until an investigation is completed.

"Upon landing the aircraft crashed," Diamond said. "The two pilots, Denis Dubeau and Paul David Couto, died in the crash. There was positive identification [on the bodies] and they have been flown to Montreal for an autopsy."

The accident occurred around 8:30 am as the King 100 aircraft flew into Chibougamau to pick up three passengers for a charter flight.

As per procedure, the Transportation Safety Board of Canada is investigating the crash. Air Creebec was also asked to prepare a report to help determine what happened.

Both pilots started working for Air Creebec last spring after the King 100 was purchased for Air Creebec's most recent expansion.

Information on their work history and flying experience before joining Air Creebec was unavailable at press time. Diamond said that it was the Human Resources Director who hired the pilots and he did not have any background information on them.

"We had a couple of incidents over the years similar to this, but this is the first time there have been fatalities," said Diamond. "It's pretty tough. It's really affecting "It's pretty tough. It's really affecting everybody, from our board of directors down to all the employees."

everybody, from our board of directors down to all the employees."

Diamond said that in the 25 years that Air Creebec has been in operation, he always feared this could happen one day.

"I was in shock," he said. "It's terrible. Everything we did was so something like this wouldn't happen. But when I thought about it, there were all these things I learned about crisis management and through different seminars and I was always told if it ever happened, this is what I needed to do. There are all these procedures and policies in place and that's what we're doing right now."

Diamond's concern right now is to help the families of the deceased and to make sure his employees are able to cope with the tragedy.

"We're paying a lot of attention to the effect this will have on our employees. We're all bothered by it and affected by it. We're trying to make sure they get the support they need," said Diamond, who added that counselors would be brought in to help his employees.

"We have to keep going and go about it in a professional manner and hopefully we'll get over this in time."

Flights will continue as scheduled, but at press time the airport in Chibougamau was closed for an indeterminate amount of time.

"It's such a tragic event," Diamond said somberly. "Our hearts go out to the families of Denis and Paul. We want to make sure we let people who fly with us know that we will do everything we can so this doesn't happen again. We consider ourselves a safe airline to fly."



## PETRONOR

Distributor of petroleum products and lubricants in all the James Bay Territory.

## Services:

Delivery of petroleum products in bulk. Aviation fuel. Rental of movable tanks

## **Products:**

Unleaded gas. Clear and colored diesel. Stove oil, Jet-A, 100LL and Lubricants

## Addresses:

www.petronor.ca

Radisson Depot:

Tel: (819) 638-8222 Fax: (819) 638-7107

La Grande Rivière Airport:

Tel: (819) 638-4547 Fax: (819) 638-4547

**EM-1 Construction Site:** 

Tel: (819) 865-2045 Fax: (819) 865-2039

Chisasibi Gas Station:

Tel: (819) 855-2427 Fax: (819) 855-3462

**Administration Offices:** 

Tel: (819) 824-5505 Fax: (819) 824-5420

## Welcome Wachiya



## PLACE CENTRE-VILLE D'AMOS

82. I e Avenue Est Amos Tel: 819-727-9411

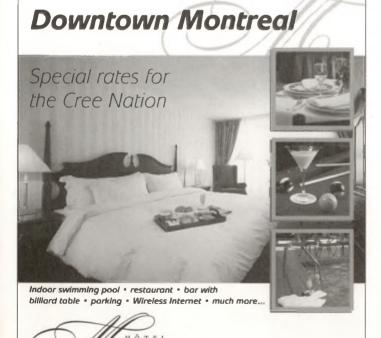
**Your Best Shopping Destination** 

440" LD' L 4"r5" 

Thank-you for 20 years of shopping with us!

27 boutiques to serve you







1155, Guy Street, Montreal (QC) Canada H3H 2K5

Tel.: (514) 932-1411 - Fax: (514) 932-0446

E-mail: info@hotelmantime.com www.hotelmaritime.com

Toll free: 1 800 363-6255

## 'Where are all the bodies?'

## Reverend Kevin Annett searches for the kids who never came home from residential school

By Steve Bonsbiel

For many years, Reverend Kevin Annett has been searching for answers in the vast coverup over what really happened in Canada's residential school system. The biggest mystery concerns the final resting places of the children who were sent to residential school, but never returned.

In 1992, when he arrived at St. Andrew's United Church in Port Alberni, Rev. Annett believed he was only taking over another small church in a BC logging town. He soon found that the church itself may have been small, but the strings were being pulled by a much larger organization that had many secrets to hide.

Where, he wondered, were all the Native people? Why were there none at his church? He was told on at least a couple of occasions to leave that question alone. He started to get suspicious.

When he started to speak to the local Native people he realized that there was a good reason they were shunned; they knew all of the United Church's dirty secrets.

They told Rev. Annett the stories of abuse and humiliation at the hands of their caretakers, the nuns and priests. Some of them allegedly witnessed murders.

Rev. Annett did not want to believe the stories at first, but he soon found himself in a dilemma of conscience. He could no longer ignore the reality and he needed to do something about it. His choice would mean a painful split with his church hierarchy.

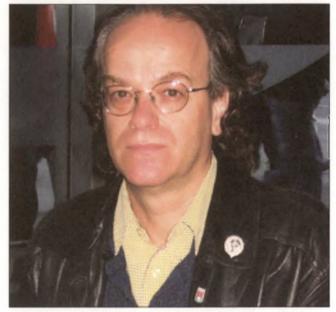
"I was outraged at what I was hearing and that this would happen to innocent kids," he told the Nation after a speaking engagement at Concordia University October 25. "I couldn't believe the church could do it and get away with it. It's one thing to hear an atrocity thousands of miles away, but when it's done in your own backyard by your church, you can't ignore it. It's shocking at first, but then you realize you have to do something about it."

Rev. Annett wanted to awaken mainstream Canada with his knowledge of what happened in residential schools, and put a human face to the tragedy.

"Up until now there has been a lot of talk about money and compensation, but most people don't really know the human side of what happened," he explained. "I wanted to show how it impacted people and that there was a whole system in place. it wasn't just a result of a few bad people in there. It was a policy."

Rev. Annett gathered stories and evidence and presented them to the heads of his local church. He was threatened and told to shut up. Rev. Annett said that the church even paid for his wife's divorce. But he was not swayed.

He was defrocked in January 1995.



Reverend Kevin Annett

"I WAS OUTRAGED AT WHAT I WAS HEAR-ING AND THAT THIS WOULD HAPPEN TO INNOCENT KIDS. I COULDN'T BELIEVE THE CHURCH COULD DO IT AND GET AWAY WITH IT."

## Corporate religion

Rev. Annett wrote two books based on documents and personal stories. In 2005, he also made a film, UNREPENTANT: Kevin Annett and Canada's Genocide, with filmmaker Louie Lawless.

"In organized religion I found there is an increasing problem because a lot of these churches are more political bodies than faith communities," he said.

"Locally, it's one thing for the people to have these church communities, but what they don't see is that the churches are actually big corporations that are run by a small number of people, like PR people and lawyers. I learned that as I was getting thrown out of the church. It wasn't the local people destroying my life and hushing up this whole thing, it was the national officials. That's the problem with the Church, its corporate natured."

continued on page 21

# Let's talk about it! Diabetes.











LATER THAT DAY, AT WORK.

COMFORTABLE TALKING ABOUT YOUR DIABETES!

11



BRENDA, DO YOU WANT SOME CAKE?

ABOUT DIABETES, THE BETTER WE CAN FIGHT





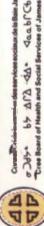


Illustration Teddy J Otter









Jaab Coop Services of James Bay

MENU... I'LL HAVE TO CHECK.

NO PIE FOR ME! I HAVE DIABETES. DO YOU HAVE ANY LOW FAT YOGHURT OR FRUIT SALAD?

LOOKS TOO 600D!!

SOME PIE FOR DESSERT?

## Survivors targeted by con artists

Residential school survivors have become choice targets for criminals looking to cash in on large government payouts.

The vast majority of the people receiving payments expected to total an average amount of \$28,000 are Elders. They are seen as more susceptible to physical, emotional, and financial abuse, say groups who are trying to prepare communities for the attention that always follows people who are publicly known to have received large amounts of money.

The best defence against confidence schemes is prevention, say experts. Don't expect con artists only to be strangers, either: it could be a family member, a friend, or someone in a position of power.

Some common scams to watch out for are: home repairs, free airfare or trips, big lottery wins involving a prize tax, fraudulent charity canvassers, prime debt financial instruments, loan referral schemes or car salesmen charging enormous interest or who run away with the down payment.

Public watchdog groups warn people to keep their personal information private, to be wary of deals that seem too good to be true, and to remember that they can and should always request a printed copy of any deal before they agree to it.

If you suspect someone is trying to scam you and you need help, call your local police or PhoneBusters at 1-888-495-8501. PhoneBusters is a national antifraud call centre, which works to educate the public about fraudulent telemarketing activities.



## Melissa Pash honoured at CAMA

Chisasibi's multi-talented musician Melissa Pash is this year's winner of the Canadian Aboriginal Music Awards' Music Industry Award. The award is given to an individual making a significant, positive impact on Canadian Aboriginal music.

Pash wasn't expecting to win the award. She is very flattered, she says, but it doesn't change her vision: pursuing her own music career as well as helping other Cree musicians to realize theirs.

Pash is currently developing the "Protegé Program," designed to help aspiring Cree musicians navigate the complex world of the recording industry. She says the music business can

be "a very scary place when you're starting out and it can help when you have someone to beat a path."

Pash emphasizes the need to support young musicians throughout their career, not just at the beginning. Her program mentors musicians and will give them access to a professional recording studio, as well as to producers, musicians, photographers, and other contacts needed to be successful in the recording industry.

Growing up in Val d'Or, Pash has always tried to use her music to bridge the gap between Native and non-Native communities. The singer-songwriter has been writing music since age four and includes traditional drumming along with a contemporary pop-rock sound in her repertoire.

Pash's first album, *The Rise of Daisy Moon*, was recently released and will be available in Eeyou Istchee by late November. You can also check out downloadable clips of her music on her website: www.melisapash.com.

Although she is pursuing her music now, Pash's background is in business. She was nominated for the CAMA award by the Cree Native Arts and Crafts Association (CNACA), a non-profit organisation dedicated to promoting Cree art and artists.

CNACA President Alfred Loon noted that Pash's win is a tribute to her talent, especially considering the tough competition for the Canadian Aboriginal Music Awards.

The award will be presented November 30 at the CAMAs Gala Show in Toronto. Other Cree nominees included Roger House of Moose Factory, for CAMA's Lifetime Contribution to Aboriginal Music Award and Kenny Loon of Oujé-Bougoumou for the Keeper of Traditions in Aboriginal Music Award.

For more information on the other award winners and performers, check out the CAMA website, at www.canab.com.

## **Breastfeeding Week**

The first annual Breastfeeding Week kicked off in Eeyou Istchee in early October, and by all accounts it was a great learning experience. The Public Health Department, Nutritionists, Community Health Representatives, and Nurses in the nine communities held different activities to promote breastfeeding as part of the traditional Cree culture.

Over 44 breastfeeding mothers and their families participated in the breastfeeding challenge, reuniting as many breastfeeding moms in the same place at the same time. Many Elders were also present and passed on their invaluable experience with the new generations.

Breastfeeding offers invaluable protection to mothers and babies against infection and disease, including a lowered risk of contracting diabetes and leukemia later in life.

For those interested in finding out more about breastfeeding, a video entitled A Mother's Love – Breastfeeding in liyiyiu Aschii was launched November 7 in Chisasibi and is currently available for viewing at your local Community Health Centre.



## The rebate game Incentives to do good and save energy

By Amy German

hen it comes to energy giants, no matter where you are in North America and no matter whom your energy provider is, chances are they are trying to sell you on living "greener."

Across Canada, various provincial energy distributors have individual plans to help their clients live more efficiently, with options ranging from cold water laundry detergent rebates, to a bevy of Energy Star appliance purchase programs, to personalised diagnostics to save energy in the home. The question is, which province is getting the best deal and whose energy provider employs the most heavy-handed approach when it comes helping their clients develop environmentally efficient practices?

Across Canada, individual energy needs tend to vary as much as the type of energy consumed – oil, gas and electricity either derived from hydro turbines or nuclear energy, and traditional resources such as wood. In Ontario, for example, most homes are heated with natural gas. The vast majority of homes in Quebec are heated with electricity, which is cheaper here than in any other province due to the vast hydraulic resources of the north.

Though Hydro-Quebec's gamut of consumption-reducing program incentives fare better than many, the utility does not offer any programs that are not already available in other provinces. For that matter, there are a handful of provinces that offer some really innovative programs that Hydro may want to consider.

Saskatchewan, through its Saskatchewan EnerGuide for Houses Retrofit program, offers incentives for homeowners to purchase solar hot-water systems, tank-less (instantaneous) water heaters, condensing water heaters, and drain water heat recovery (DWHR) systems. Saskatchewan is also the only province to offer prime rate loans on the purchases of government-approved, "Energy Star" energy efficient appliances.

Meanwhile, clients of the Ontario Power Authority are offered a variety of rebates ranging from \$50 to \$800 to replace home furnaces and existing central air conditioner systems.

Newfoundland, Saskatchewan, Nova Scotia, Manitoba and a few energy distributors in Ontario all offered coupons attached to their monthly bills for a rebate on Tide Coldwater detergent for a three-month period to promote cold water laundry washing.

The Nation asked Hydro-Quebec representative Helen Laurin to explain the programs, incentives and advice that are available to help Quebecers save on electricity in their homes.

"The first interesting tool that Hydro Quebec offers to their clients is the home diagnostic energy-wise," Laurin said. Designed to create a detailed portrait of how your home consumes energy, what appliances consume the most and where energy savings can be made, this online interactive diagnostic tool is a great starting point for energy savings. Anyone who already has an account with Hydro can register online to fill out the questionnaire and the results will show clients in both dollars and kilowatt hours what kinds of savings they could expect should they follow the personalized recommendations. http://www.hydroquebec.com/residential/description diagnostic.html

Hydro is also offering rebates on energy efficient lighting in the home. "Most people do not realize that lighting counts for 10 per cent of the household's total energy consumption," Laurin noted.

"There are two rebates offered right now, including a mail-in rebate on the purchase of Energy Star qualified compact fluorescent light bulbs, so people can get up to 25 per cent off. All of the conditions of this are on the Hydro Quebec website and people can go there and print the mail-in rebate and bring it to any participating store. They get a \$5 rebate on every \$10 spent, before taxes, on Energy Star qualified compact fluorescent light bulbs."

The second lighting-related rebate is on CFL floor lamps, which use a quarter of the electricity than do incandescent or halogen models. "Hydro Quebec offers a \$15 mail-in rebate on the purchase of any of these brands of 'torchière' LED lights."

As in other provinces, Hydro also offers a rebate worth up to \$130 to replace old thermostats with new electronic ones. The offer varies depending on how many individual thermostats participants change and what kind of home they own.

"By replacing conventional thermostats with electronic thermostats, people can maintain a stable and even temperature in their homes, and save up to 10 per cent on their heating costs."

HQ also offers rebates on Energy Star refrigerators and clothes washers. The program offers a \$50 rebate on selected fridges and \$100 on approved washing machines.

Hydro-Quebec is also offering special grants through the Agence de l'efficacité énergétique du Quebec and the federal Ministry of Natural Resources for those who are looking to renovate their homes or build new homes. The Novoclimat and Rénoclimat programs can potentially offer thousands in grant dollars for energy-saving renovations and incorporating energy efficient measures into a new home. More information on both of these programs can be found on Hydro's website. http://www.hydroquebec.com/energywise/index.html

## Living off the grid

## The upfront costs are high but freedom is its own reward

By Amy German

sustainable development and renewable energy may be the buzzwords these days, but as the technology is new and often expensive, many wonder how feasible it is to integrate them into our everyday lives.

According to DJ MacIntyre, the president of Le Boisé Alternatives, a company that distributes and installs solar, wind and micro hydro energy products, green technologies cannot be employed with a "cookie-cutter approach."

MacIntyre says some of his clients are interested in the environmental aspect of his business and others simply want electricity but can't afford the cost of installing hydro poles – sometimes costing up to hundreds of thousands of dollars – to the location they need it.

In Quebec, people who opt for renewable energy either for environmental concerns or logistical difficulty can choose among sun, water or wind energy sources. But depending on the client's needs, MacIntyre said that he could recommend different alternatives.

For a three-season cottage, he recommends solar panels. But for a year-round home a combination of windmills and panels would be necessary, as each is more beneficial at different times of the year.

"Windmills don't work as well year-round," MacIntyre explained. "What is actually interesting with the wind turbines is that if you actually see an overall graph of wind performance in this part of Canada versus the solar incidence that we get in this part of Canada, they are almost mirror images of each other."

MacIntyre described the third option, the personal microhydro turbine, as the "Holy Grail of off-grid living." Micro hydro systems are able to generate electricity more consistently than either windmills or solar panels. They need to be set up on falling water with an approximately 10-foot drop near the home, much like the large-scale ones Hydro has installed in the North.

Unfortunately, when it comes to the one thing that eats up the most energy in the province, home heating, all three renewable energy sources fall short.

"What goes on is that we can make 4-, 5-, 6-kilowatt hours of electricity each day. That is not a problem for running your TV, your DVD player, your microwave, washer/dryer, the whole nine yards, water pumps, all of that stuff, it can handle it. It's when you actually want to make heat from electricity that you start to look into the 20 kilowatt hours a day that you just don't have, that you just can't realistically make out of alternative energy or renewable energy systems," said MacIntyre.



Solar panels

Installing these kinds of systems can be quite costly but cost is relative when some the advantages of off-grid housing are taken into consideration. MacIntyre set up his own off-grid home for approximately \$30,000 to \$40,000, but said it would cost more now.

"For a new house, including a solar hot water heating system, and let's say it's a really nice set up, you are looking at about \$50,000 to \$70,000, depending on the set up of the house. That includes everything but a heating system – that is the one thing that is really difficult to do with renewable energy."

For a hunting camp or a small cottage that is not intended for everyday living however, it gets a lot cheaper. "I have set up cottages quite nicely for \$7,000 or \$8,000. The client could go every weekend and have lights and you know, run the DVD player and that kind of stuff." The one thing that the system he installs can't do, however, is run an oven. In this case many clients will employ a diesel or propane-run generator just for the oven or to heat as well.

For the time being in Quebec, because the cost of electricity is significantly cheaper here than in other provinces, MacIntyre said that it would take almost 50 years to make the money back in energy savings, but in Ontario it would take half that time.

In regards to the environmental impact of his business over the past few years he has, "we are past the 100,000 tons of greenhouse gas saved with all of our clients put together."

To find out more about home alternative energy sources, contact Le Boisé Alternatives via their website at http://www.leboise.com.

**DISTRIBUTION** CENTER



**HUNTING • FISHING** CAMPING · CLOTHING **CANVAS** 

FINANCING AVAILABLE C.O.D. ACCEPTED

**DISTRIBUTOR: NOR-WEST CANOE** 



THE #1 STORE FOR ALL YOUR NEEDS

**DELIVERY TO JAMES BAY** 

4, Nottaway street, Matagami nancy@nord-select.qc.ca

Tel.: (819) 739-3883 Fax: (819) 739-3885

WELCOME

WACHIYA

Remington









Challenger







## **RONA** C. CARON INC.

**DELIVERY TO JAMES BAY** FINANCING AVAILABLE WHOLESALERS

## **CABIN SPECIALIST**

TRUSSES REBAR

TREATED



INTERIOR SERVICES OF DECORATION DOORS **WINDOWS** HARDWARE

**DIST: LAFARGE CEMENT** 

THE #1 STORE IN JAMES BAY FOR 30 YEARS

CARPET CERAMIC MATAGAMI

9, Nottaway street Tel.: (819) 739-2578 Fax: (819) 739-3619

LINOLEUM FLOATING









Good Deals on second hand pick-ups, 2005-2006, low mileage



F150-4 doors

Ford Dealer in Amos 42, 10e Avenue Ouest Amos Qc, J9T 1W8 Tel: (866) 468-3205 CHANCE CREDIT

Come and visit us 2008 Escape at Soma Auto

Tel: (819) 732-320



## **OUR HOUSEHOLD CLEANERS ARE AN ENVIRONMENT MENACE**

very day we expose ourselves to chemicals that can be extremely dangerous. Dishwashing liquid, anti-bacterial cleaners, even air fresheners: all contain highly toxic ingredients. Not only do we come in contact with these products, but we expose our children and pets to them.

According to the CBC program The Nature of Things, "On a typical cleaning day in a typical Canadian home, levels of chemicals in the indoor air can be hundreds, even thousands, of times higher than the outdoor air in the most polluted of cities."

In Canada, companies are obliged to label products that are dangerous. They are not obliged, however, to list all the ingredients, including the chemicals, that they contain that might have long term effects on your health.

Many chemicals created for cleaners since 1960 were tested only once, and very few were tested in conjunction with other chemicals. In real life, the chemicals in a cleaner will inevitably mix with other products or with chemicals like chlorine found in your water.

Most cleaners are not only bad for the environment; they are bad for our health. And since we absorb most cleaners through our skin or by breathing them, children are especially susceptible.

Many chemicals found in cleaners have volatile compounds that will stay in the air of the room they've been sprayed in for more than a year. Others stay on surfaces, or go straight down the drain.

They do not disappear. In our lakes, the blue-green algae phenomenon is caused, in part, by phosphates found in some cleaners emptied down our drains. They also end up in our rivers and oceans, affecting and often killing entire species of coral, plants, and fish.

## eaning with

By Manon Legault

Most products contain fragrances. The United States Environmental Protection Agency has found that 100 per cent of perfumes contain a chemical called toluene. Exposure to toluene can cause headaches. dizziness, rashes, skin discoloration, violent coughing and vomiting and allergic skin irritation. In clinical trials, it has been shown to affect the central nervous system, causing depression, hyperactivity, irritability, inability to cope and other behavioural changes.

Other chemicals in cleaning products, like formaldehyde, can cause joint pain, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness and sleep loss. Formaldehyde can be found in a variety of cleaning products.

We take medications to alleviate these symptoms. But eliminating cleaners or using them in moderate quantities can really help.

There are simple solutions. You can purchase safer ingredients to make your own cleaners, and at a fraction of the price. These are biodegradable, and you can control how much fragrance you put in them if you or anyone in your family has asthma or allergies. You can feel safe that they will not make you sick.

Pure soap, which is completely biodegradable, is non-toxic. It can be found in your grocery store, health food store or pharmacy. Unscented Ivory is a good exam-

Vinegar is a mild disinfectant. It cuts grease, deodorizes and cleans glass. Heinz brand has a softer scent. You can mix 20 to 30 drops of organic essential oil straight into the bottle to make the scent more pleasant. The scent is up to you. Orange works especially well.

Eucalyptus oil and cinnamon oil are great disinfectants. You can mix them with baking soda to scrub the tub, or with vinegar to clean the toilet. You can find them in natural food stores or on natural food store websites on the internet. Use organic varieties because regular essential oils contain

Baking soda is a great abrasive. It also deodorizes, removes stains and polishes.

Lemon juice will disinfect, polish and make the room smell fresh.

Note: distilled water is always best for any recipe. If you cannot find it, filtered water is also good. The point is to get as many of the chemicals and minerals out of the water so the recipe will be more effec-

Here are a few recipes:

## All purpose cleaner

125 ml of pure soap or soap flakes (found in natural food stores)

60 ml of lemon juice

4 litres of hot water (distilled or filtered water is always best).

## Disinfectant

50-100 ml of eucalyptus or cinnamon organic essential oil

I litre of water

Put in a spray bottle and shake well before each use.

### Soap scum remover

I small box of baking soda 30 drops of organic essential oil of your choice

Mix well and put some on a sponge or wet cloth and scrub.

A few facts that might convince you to make the change to natural cleaners:

- The active ingredient in Lysol is a registered pesticide. Their commercials tell you to spray it everywhere, even on your children's' toys and kitchen counter, to dis-
- Swiffer Wet Jet is highly toxic to small children and large animals if ingested. German Shepherds have died from licking recently washed floors.
- · Commercial air fresheners coat your nasal passages with oils that diminish your sense of smell by deadening the nerves.

Whether you make natural cleaners for yourself, for those you love, or for the environment, you will make a difference. The fewer chemicals we expose ourselves to, the healthier we will be. The same goes for our planet.

13

The C.N.A.C.A. wishes to congratulate Melisa Pash for being the 2007 Industry Award winner at the Canadian Aboriginal Music Awards.

(2) M



## Wachyia,

Fearlessness, fortitude, valor: small words in comparison to the unbeatable drive and determination of Melisa Pash. Representing the Northern Cree community of Chisasibi, Melisa is making significant inroads into the music industry. Like her ancestors who possessed the spirit to survive the harsh climate of the James Bay region, her creativity and strength of spirit knows no bounds. Her music may sound modern, but its roots are thousands of years in the making.

Melisa is a wonderful musician with not only a beautiful voice but with a beautiful spirit concerned with promoting and aiding aspiring Cree youth to pursue their dreams in music. Melisa is an accomplished musician having learned to play the cello, piano, and guitar. Added to this is her ability to write and compose her own songs and you have a young talented Cree woman ready to explode onto the Canadian music scene!

Melisa's love for music developed at an early age and the desire to perform has never left her. She uses her music to send powerful messages that are born out of personal experiences. These experiences have created an intense desire to build bridges of understanding and friendship between aboriginal and non-aboriginal audiences. She actively writes songs that integrate traditional instruments and sounds in her albums.

What is most inspiring about Melisa is her intense desire to see other Cree professionals succeed. It was with this heartfelt need that she has begun work on developing an innovative program aimed at helping young artists understand the music industry. Her "Protégé Program" will lend a helping hand to other Cree artists trying to start their careers in music. Melisa firmly believes that Cree musicians can become professional music artists. Her program is designed to help aspiring Cree musicians and artists find funding for their albums, hire producers, photographers, and stylists as well CD production, mixing, and mastering. Once their album is finished, Melisa will then help launch the artist's album into the market. For this dedication to promoting and aiding aspiring Cree musicians, we feel that Melisa Pash wholeheartedly deserves her award from the Aboriginal Music Awards.

The Cree Native Arts and Crafts Association is proud to have nominated Melisa Pash for the Music Industry Special Award and extend their congratulations to her.

The Cree Native Arts and Crafts Association is a not for profit organization that has been incorporated since August 2004. CNACA's mission is to diversify and grow a sustainable arts, crafts, and cultural economy in the region known as Eeyou Istchee.

203, Opemiska Meskino, Oujé-Bougoumou (Qc.) GOW 3C0 Tel: (418) 745-3001 or (888) 745-3001 Fax: (418) 745-3002



QUALIFIED WINDOWS OFFER THE BEST ENERGY RATINGS.

If you install ENERGY STAR® qualified windows throughout your home, you're looking at savings of up to 10% on your heating bill. Not only that, but you'll enjoy greater comfort too. For the best performance, find out which models are recommended by Natural Resources Canada for the climate zone you live in. www.hydroquebec.com/residential







**ENERGY STAF** 

HIGH EFFICIENCY HAUTE EFFICACITI

You Save and the Environment Benefits!

\*This contest runs from October 1, 2007, to April 20, 2008, inclusive It is open to Québec residents 18 years of age and older at the time of entering the contest or condominium associations (syndicates) that opt for ENERGY STAR® qualified windows or patio doors to renovate or construct a residential building in Québec. Other terms and conditions of contest participation apply. No purchase required. Participants must complete an entry form and send it to the address specified in the contest rules Participants whose entry form is selected must answer a mathematical skill-testing question. The draw will be held on May 20, 2008. Prizes may differ from the illustration. The approximate retail value of each prize is \$2,300. No cash alternatives or substitutions allowed. For more information, consult the contest rules online at www.hydroquebec.com/residential or order a paper copy by calling 1,800 ENERGIE (363-7443).



## Your travel choice!

Professionalism, discretion and reliability.





## tick, tick, tick.... the time is now!



Call us now to order your Christmas cards! Send personalized holiday greetings to everyone on your mailing list.

Create your own unique Christmas gifts featuring your company's logo.



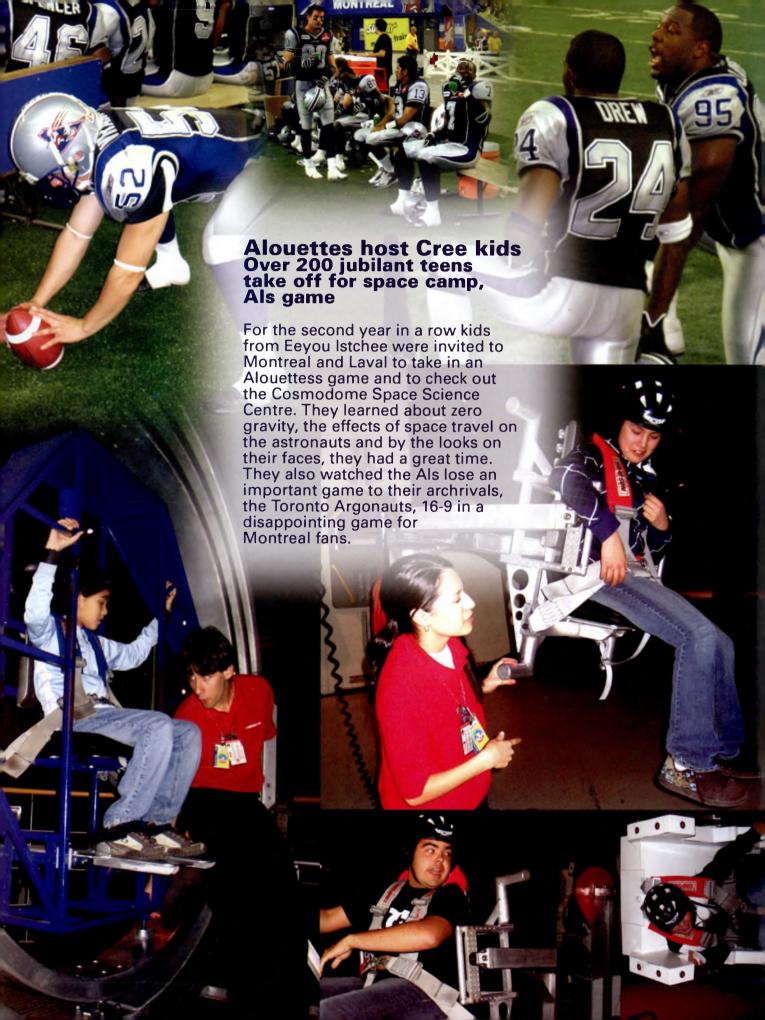


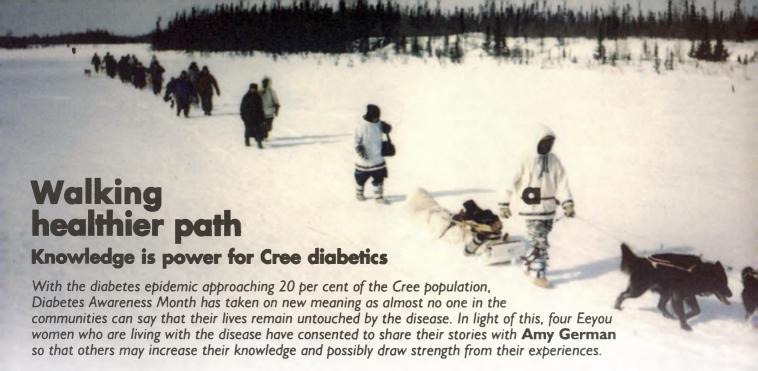
Share your favorite photos and promote your business all year long!
Order your company calendars for 2008.

## Contact us now for holiday delivery

For more information or to place an order please call (514) 272-3077.







### Kathleen Benac, Mistissini

Benac was first diagnosed with diabetes in 1992. At first, there was much confusion as she tried to understand the disease. "I felt angry and I tried to blame people, especially when I found out that there were members in my family that had it, like my mother. I used to say to myself, 'Why did it have to be me?""

Fifteen years later things are different. Having lived with it for so long she now understands much more about the disease. But it was not time that made the difference, it was communicating with others that changed her outlook.

"The more I talk about it, or hear other people talk about it, that's when I decide to really take care of myself."

Nonetheless, she still struggles. Having diabetes is simply not easy, especially for someone like Benac who freely admits to taking great joy in food.

"Food is really good," she said with a giggle. But Benac acknowledges the necessity of following doctor's orders as the consequences of not doing so are grave. "I get scared sometimes when I see others who are really, really over their border. Your feet and your hands, everything you have to watch. It's hard, very hard!"

Today Benac is healthy, goes for regular checkups and beams with pride when her doctor tells her that she is in good shape.

Benac also acknowledges the necessity of downtime and how occasionally removing herself from the rigors and the stress of the working world can be one of the best therapies. "I try and take time to go in the bush as there is something out there. My blood sugar goes down and my stress goes down, because in the bush you're not on a timetable."

It is not just about following the medical advice she has been given, however. Having goals and people to live for adds deeper meaning to taking care of herself. "I have seven grandchildren and I'd like to see them all grow up and be in good health. This is what I look forward to, my grandchildren and my children."

Though her family helps keep her going, Benac struggled with them when she was initially diagnosed. Looking back, she realizes they always had her best interests at heart. "I remember when I was first told not to eat this and that, and my kids would tell me,

'Mom, you're not supposed to eat that!' I got angry and I said to myself, 'I'm already marked for death!'"

But Benac got over it. "Sometimes we get angry if other people tell us to take their advice. But they do care. People care, especially the people we love. They want to be there for us. Sometimes we get angry and push people away. But we have to stay together."

Kathleen Benac's message to the community is, "Give diabetics your full support. Tell them they are not alone and that there are people who care for them. I think it's very important that we stand together and we help these people."

## Florence Cheezo, Eastmain

For Florence Cheezo, diabetes is a family affair as her father, sister and husband all suffer from it and she herself is borderline diabetic (pre-diabetes).

"When I first found out that I was borderline diabetic, I guess I was a little worried. I had heard of what people who have diabetes go through. I thought about my life and how my health would be in the future."

At the time of her diagnosis, she met with a health worker to find out how to live with her condition, what she could eat and expect for the future. But for Cheezo it was what she learned from the TV and radio that drove the message home. "I heard stories on the radio and the television about the effects of diabetes and I saw how some people lived with it, some were amputated and such. It wasn't long ago that I heard your eyes could be affected too."

Cheezo's frame of reference for diabetes came from witnessing what her father and sister had to go through. "My dad had diabetes, I often saw my father using the syringe. He had to eat food that wasn't greasy, like a pork chop that was boiled not fried. I used to see my sister cook like that. Almost everything had to be boiled. My sister has it too but she uses medicine. The same goes for my husband, he uses medicine."

With so many suffering from the disease in her immediate vicinity and her own diagnosis, Cheezo felt inclined to change her habits. "I try to watch what I eat now. I quit sugar already with my coffee



## SABTUAN REGIONAL VOCATIONAL TRAINING CENTRE

1 Elder David Neeposh Street Waswanipi, Qc., JOY 3C0 Tel: (819)753-4040, (819)753-2636 Fax: (819)753-2640 Toll Free: 1-866-921-4040

## The S.R.V.T.C. in Waswanipi is proud to offer the following vocational courses

ASSISTANCE TO PATIENTS
October 22, 2007
630 hrs
Deadline - Sept. 28/07

ACCOUNTING
January 08, 2008
1350 hrs
Deadline - Dec. 07/07

PROFESSIONAL COOKING November 14, 2007 1350 hrs Deadline - Oct. 17/07

HAIRDRESSING
February 18, 2008
1455 hrs
Register in November

NORTHERN HEAVY
EQUIPMENT OPERATOR
Part 1-Oct 20 to Dec 1 2007
Part 2-April 20
to Aug 20 2008
Deadline - Sept. 28/07

CARPENTRY OR
CONSTRUCTION ELECTRICITY
February 04, 2008
1350 hrs
Register in November

For application forms, please see the adult education consultant responsible for your community or call Nancy Mianscum in Waswanipi. Be sure to include all the required documents.

Please send all registrations to the S.R.V.T.C. to the attention of Nancy Mianscum, administrative technician. Fax: 819-753-2640

See also the C.H.R.D.'s Cree Employment Officer (C.E.O.) in your community to arrange your allowances.

For more information please call 1-866-921-4040 and ask for Nancy Mianscum or Luc Collette.



and tea; I don't use it anymore. I read about how to help myself, I try and I walk when I can and try to walk to work."

Cheezo even makes an effort to get exercise when she is away in Montreal for medical appointments. She makes the steep climb up to the Royal Victoria Hospital on foot instead of using public

My family are also supporting me and reminding me of what to eat. They help me a lot, they remind me often and encourage me and I like that they do that for me.

Florence Cheezo

"I will take care of myself, I will be aware of my life," she vowed. At the same time she committed herself to living better for the sake of her family. She was blessed with the recent arrival of a grandchild who she wants to see grow up.

"My family are also supporting me and reminding me of what to eat. They help me a lot, they remind me often and encourage me and I like that they do that for me. It lets me know that they care about me and they really love me. They want me to have a good healthy life for the future."

Florence Cheezo's message: "If you're told you're almost diabetic [pre-diabetic], you can overcome it. You can take care of yourself and watch what you eat and drink, especially the sweet things. You can quit that and take care of yourself in everything you do."

## Margaret Cheezo, Eastmain

When she was initially diagnosed in 1996, Margaret Cheezo was not prescribed medication but was instead simply asked to follow a diet. In 1998 she was put on prescription pills and then eventually in 2002 she began an insulin injection regime.

"I use two kinds now," said Cheezo. "So I inject myself two times a day."

Her biggest struggle has been maintaining her diet. Sometimes she cannot partake of dinner if she hadn't prepared it herself according to the meal plan she is supposed to follow.

When she goes about her daily routine in the community, she does not get the opportunity to walk very much as she has other priorities such as working 9 to 5 at Youth Protection. She also has two very active children she must be home for. Racing from work to home, and simply keeping up with mundane things like the laundry, has unfortunately limited what time she has for exercise and even fresh air. The impact on her health is immediate.

Cheezo has however discovered something very interesting about her condition: a back-to-basics approach has helped her significantly. "My sugar used to be really high but a few weeks ago, it started going down," she explained. "We were in the bush two weeks this past month and I saw it go down."

Cheezo said she now knows why her sugar goes up and why it goes down. "When we're in the bush my sugar goes down. When I'm here in the community, it goes up. When I eat store bought food it goes up. Even if I drink diet soda and apple juice, it goes up. When I have spaghetti, it goes up. Chicken, it also goes up."

Reverting to a traditional Cree diet is what has really helped bring Cheezo's blood sugar down, while significantly improving her health and energy levels.

"It helps me when I eat mostly traditional food with tea and water. I'm trying to cut down my pop and apple juice. I know my sugar goes up when I drink that stuff. I'm cutting down on sweets now, so it goes down a little."

Buying as little from the grocery store as possible and opting for traditional food has done a world of good for Cheezo. "I eat more traditional food in the fall and the summer," she observed. "We eat a lot of goose in the summer. I'm busier now and even when I pluck a goose I don't feel as tired."

Margaret Cheezo's message? "From my own experience, being in the bush and eating traditional food is great. I don't lie down during the day when I'm in the bush. I do what I have to do out there and we walk around looking for partridges and ptarmigans. When I'm out there I think it's better for me. It's better for people. There's no TV to watch. We don't bring stuff that'll distract us and make us just sit around. We are busier in the bush."

## Emma Saganash, Waskaganish (living in Montreal)

For CBC North journalist Emma Saganash, her diabetes diagnosis was almost one of irony. Saganash recounted how, some years ago, she went to Waskaganish to do a story on diabetes and for the story they needed someone to take a blood test. Not being able to locate anyone who wanted to take the blood test, she took it her-

"The test came back and the doctor was joking that I could eat as many pies as I want! Within a year, I was diagnosed with diabetes. I was surprised because the doctor had told me that she had never seen blood sugar as low."

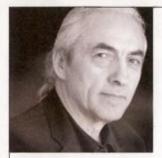
Saganash was shocked and devastated by the diagnosis. But she was also very angry at herself as she had acquired so much information on the disease from reporting on it, and still wasn't as cautious as she says she should have been.

"I should have been more careful, I should have known," Saganash acknowledged. "So it was terrible news for me."

When she was initially diagnosed, Saganash was prescribed medication to control her blood sugar, three pills per day. Over time she was able to reduce her medication, first down to two pills a day, then one and then she weaned off the medication completely because of other measures she implemented into her life. "It's been over five years that I haven't taken any medication," said Saganash. "I've been able to control it by watching what I eat and walking."

Living in the big city, Saganash has easy access to fresh fruits and vegetables. However, it is still a struggle. "It's something you have to think about every day, every time you put something in your mouth, wondering if there's a lot of sugar in it."

Since she has managed to get her diabetes under control, she has actually been able to incorporate a bit of sugar into her diet, giving her life more balance. "I have been able to learn how to eat.



## The Assembly of First Nations honours all First Nations veterans.

First Nations people have an honourable history of military service. They fought for freedom in the First and Second World Wars, as well as other wars and conflicts. They have served proudly and courageously, in war and in peace, around the globe. We pay tribute to our veterans and honour the memory of those who made the ultimate sacrifice.

We also express our gratitude and offer our prayers to those who continue to serve their country in military and peacekeeping missions.

## Phil Fontaine, National Chief

The Assembly of First Nations is the national organization representing First Nations citizens in Canada.

473 Albert Street, suite 810 Ottawa, ON K1R 5B4 Telephone: 613-241-6789 Toll-free: 1-866-869-6789 Fax: 613-241-5808

www.afn.ca







## Jean-Claude Moreau Your Northern Sales Representative!

1100, 3<sup>e</sup> Avenue Est Val-d'Or (Québec) J9P 4P8 Bur.: (819) 825-6880 Fax: (819) 825-8980 1-877-625-6880









Proud to serve the Cree Nation!

Working at CBC North, I can eat regularly because I have a shift. I always try to eat at the same time. It's more difficult for me when I travel, but when I'm at the office I'm able to eat at a certain time and eat regularly."

Saganash used to look at what others are and think about how, prior to her diagnosis, she are better than those around her and yet she's the one who is sick.

"I guess I have to deal with the fact that it has something to do with your genes, and the stress of work and everything. So now I'm looking at what I'm eating and trying to find ways to exercise, to go out and walk." Laughing, she added, "I go shopping quite a bit!"

Emma Saganash wants her fellow Cree to know, "It's not easy, it's very difficult for a lot of people. I completely understand where they're coming from,"

Listen to these and other stories in the *Diabetes Journeys* series on regional radio during the month of November.

**Diabetes Journeys** is a project of the Cree Board of Health and Social Services of James Bay. Thanks to Matthew Iserhoff, Pakesso Mukash and the Community Health Representatives for their valuable assistance.

letters

## Fitness Challenge role model

I would like to congratulate my father Charlie Blackned from Nemaska on his previous accomplishments. My dad Charlie has competed in the Cree Nation Fitness Challenge the past three years and he is recognized as the oldest athlete to ever compete in the Fitness challenge. At the age of 63, Charlie has proven to people, young and old that you can accomplish any goal no matter how old you are, you just have put your mind to it. He received a plaque recognizing him as a role model by our local CHB in Nemaska. He still competes in Men's Hockey in the NRHL with the young guns, his hockey skills have proven to be valuable and inspirational to all.

I feel really proud of my dad's accomplishments; he inspires and motivates his sons. One of the reasons why I am writing this is my dad will soon be retiring from sports. This year might be his last year of competition in hockey or other sports, but I want to encourage him to keep it up and not to hang up the skates yet until he cannot skate anymore.

I remember one tournament we registered to play in Men's Class B Hockey in Mistissini. He walked into the Arena with his hockey equipment and one of his friends asked what he was doing there with his equipment. His friend told him "The Old timers are not competing". He said "I am playing Class B Hockey with my sons". Everyone looked at him. Well, he was the fan favorite that time. Later that evening after our game we left the arena. As we young guys were walking to our dad's vehicle, a bunch of girls were chasing us and we all ran and left our dad behind. The young girls were flirting and chasing our dad. It was so funny. We locked him out of the vehicle and he was trying to get in. I don't know if the girls realized he was old but he was young-looking.

Thanks for everything dad, you took the time to support and drive us to volleyball and hockey tournaments for so many years. So many memorable moments, thanks to our dad, Charlie Blackned.

Love always, your 1st born son Jim in Waswanipi.



2007 Finess Challenge: Charlie Blackned representing team Nemaska in canoeing



2005 Completing canoe stage tagging to grandson 17-year-old Silas Blackned



2006 Fitness Challenge portage competition representing team Wemindji

## INVITATION TO CREE BUSINESSES/ENTITIES

SECRÉTARIAT AUX ALLIANCES ÉCONOMIQUES DE LA NATION CRIE ABITIBI-TÉMISCAMINGUE



SECRETARIAT TO THE CREE NATION ABITIBI-TÉMISCAMINGUE ECONOMIC ALLIANCE



## 5<sup>th</sup> Edition BUSINESS EXCHANGE DAY

CREE NATION / ABITIBI-TÉMISCAMINGUE

December 5, 2007 Hôtel Forestel, Val-d'Or

### **Guest Speakers:**

Grand Chief Matthew Mukash Grand Council of the Crees (Eeyou Istchee)

Mr. Jack Blacksmith, President, C.R.E.E.C.O. (to be confirmed)

Mr. William MacLeod, President (to be confirmed) Cree Construtiton and Development Company

Mr. Jean-Pierre Landry Construction, Engineering and Logistics Manager, Goldcorp Inc. - Opinaca Mines

Mr. Normand Béchard Director of Eastmain Projects, S.E.B.J.

Scheduled business meetings between the entrepreneurs

Luncheon Conference and cocktail

## **NEW THIS YEAR!**

Larger area available for booths. For more information please call, 819-824-9888.

## TO REGISTER OR FOR MORE INFORMATION:

The cost for registration is \$50.00 per person.

Secretariat to the Cree Nation /
Abitibi-TémiscamingueEconomic Alliance
624, 3<sup>rd</sup> Avenue,. Val-d'Or (Quebec) J9P 1S5
Tel: 819-824-9888 Fax: 819-824-9588 www.creenation-at.com

Hoping you will join us!



Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each month the Nation will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.



## **Delicious Turkey Meatloaf** Ingredients

1	medium-sized onion, chopped		
l tbsp	canola oil	I5ml	
2	eggs		
I/2 cup	milk	120ml	
2 tsp lemon juice		10ml	
l tsp	salt	5ml	
l tsp	dried basil	5ml	
I/2 tsp	dried oregano	2ml	
I/2 tsp	pepper	2ml	
2 cups	soft whole wheat bread crumbs (approximately 5 slices)	500ml	
I pkg (10 oz)	frozen chopped spinach thawed and squeezed dry	280g	
2-1/2 pounds	lean ground turkey	1130g	
I/2 cup	salsa	I20ml	

### **Directions**

- In a skillet, sauté the chopped onion in your canola oil until tender and then set aside.
- 2.In a bowl, combine your eggs, milk, lemon juice, salt, basil, oregano and pepper. Next, add the bread crumbs, spinach and sautéed onions, stirring everything together.
- Crumble the ground turkey over the mixture and mix until well blended.
- 4. Shape into a 12 x 5-inch loaf and then place in a 13 x 9 x 2-inch baking pan, lined with aluminum foil and lightly sprayed with non-stick cooking spray OR used a non-stick baking pan. Spoon the salsa over the top of the loaf.
- 5. Leave uncovered and bake at 350 degrees for 60 minutes. Remove from oven and let cool slightly before serving.

This recipe will make 10 slices. Enjoy!

## Nutritional Analysis per serving (one slice):

Calories: 263 Sodium: 595mg
Fat: 14g Carbohydrate: 10g
Saturated fat: 4g Fibre: 2g
Cholesterol: 136mg Protein: 24g



Rev. Annett is currently on a tour to "bring the government to task" over the missing bodies of children who attended these schools, which he estimates at over 50,000.

His tour started October 23 in Ottawa, where he was supposed to meet with government officials. They cancelled at the last minute.

Rev. Annett visited two universities in Montreal, Concordia and McGill, October 25 and 26 respectively. The film was screened and Rev. Annett answered questions about residential schools.

"UP UNTIL NOW THERE HAS BEEN A LOT OF TALK ABOUT MONEY AND COMPENSATION, BUT MOST PEOPLE DON'T REALLY KNOW THE HUMAN SIDE OF WHAT HAPPENED."

He is living off of his speaking tours and although he no longer has a church, he is still a reverend who preaches the word of God.

What needs to happen now, said Rev. Annett, is for Native groups to put pressure on the government and the churches to reveal where the bodies of these missing children are buried. He also said that international pressure from the U.N. would push the issue further into the mainstream.

"For seven years we have been gathering evidence that shows intentional genocide," he contended. "We want to put international pressure on the church and the government. We want to get Indigenous groups in other countries to send observers once we are able to hold a public tribunal."

Protests are also planned for different cities in the fall and the spring of next year.

## Fighting impunity

Rev. Annett continued to fight even after being attacked by his church, being defrocked and losing his family.

"I had a feeling of not wanting them to win," he explained. "I knew I hadn't done anything wrong or unethical, so why should they treat me that way? I wanted to vindicate myself. I did it for my kids as well. I wanted to be able to tell them what happened. I wanted to hold my culture accountable for what we'd done."

Rev. Annett has dedicated his life to finding a proper solution to the residential school genocide. He knows that survivors will never completely get over what happened to them and that their children and grandchildren also continue to pay for it. However, he is disgusted by the recent residential school settlement.

"I think it's an insult," Rev. Annett said. "The Catholic Church in the States has settled their cases of abuse with the abuse victims. In Los Angeles they handed out a million dollars per survivor. Here it's \$10,000. It's like a Native person is worth one per cent of what a white person is worth. It's not only racist, but it silences people with gag orders. It doesn't allow second or third generations to sue. It doesn't seem to be helping anybody but the churches and government to get out of liability."

But not all survivors took the deal. Those who have opted out of the Assembly of First Nations-backed deal can launch their own lawsuits.

Rev. Annett acted as a consultant when the first lawsuits were launched in 1996 against the government and the church. He provided much of the paperwork and was able to get many to tell their eyewitness accounts.

The Truth and Reconciliation Commission starts its fiveyear undertaking in January to look into some of the things that happened at the schools. But Rev. Annett sees it as a farce that is part of the coverup.

"It's not going to look into disappeared children at all," he said. "They won't have the power to issue summonses for documents or to make inquiries about prosecuting people who did these crimes.

"To me it's just another PR exercise. The more they do that the more credibility they lose. Once you take the lid off, you can't bury it again. There are too many people coming forward telling their stories. I guess they are still protecting some people."

Rev. Annett said that the truth has to come out eventually and with it, the location of the missing children's remains.

## "IN ORGANIZED RELIGION I FOUND THERE IS AN INCREASING PROBLEM

BECAUSE A LOT OF THESE CHURCHES

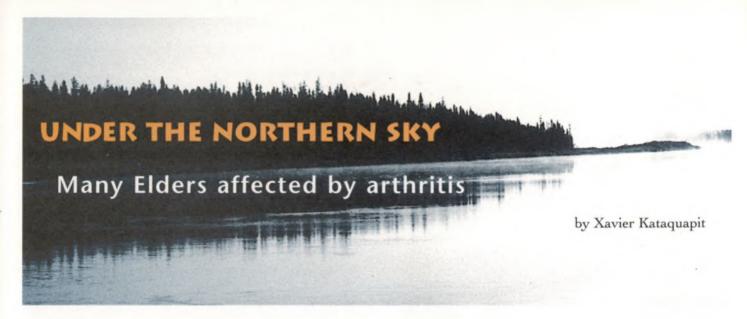
ARE MORE POLITICAL BODIES THAN

FAITH COMMUNITIES."

"The big push now would be to get a genuine inquiry into what happened and to try to repatriate the remains of the children; to bring them home and give them a memorial site. That would be a big step forward."

To view Reverend Annett's film, UNREPENTANT: Kevin Annett and Canada's Genocide, go to: http://video.google.com/videoplay?docid=-6637396204037343133





seemed to me that the end of August was a little early for them. They made their presence obvious with loud honking while flying in that familiar V shape.

I learned early on from my Elders that the sight of geese making a fast trip south at that time of year meant that a cold snap was on the way. Sure enough, several days later in early September, the temperature dipped to freezing. All this didn't mean that winter had arrived but it did signal the start of the cold season again.

As the cold weather arrived, I felt the change in my joints. Every time a cool breeze blew I thought about how that time of year also brought about the aches and pains of age in older people.

On certain days, even though I am only 30 years old, I can feel the stiffness in my bones. Nothing is ever too painful or debilitating, but I get the feeling that it may be the start of aches and pains for my future. On cold, wet days I can feel my knees become restless and aching for movement. Only when I start walking, working or at the very least standing on my feet do I feel better.

I like to imagine the human body working like a motorized engine or car. If you leave it sitting too long, things will start to rust. However, it is just a matter of a little bit of movement every once in a while to keep things running for a long time.

The start of these aches and pains come from a hard life of living in the north. Our diets were not the best so our bodies never received the proper nutrition during our development. Nutritious food and fresh produce is hard for us to come by and it is easier and cheaper to buy canned goods or highly preserved foods. This may not affect us early on but the food we eat or even the nutrients we don't consume can affect our health as we get older.

Our health in the north is also affected by the extreme weather we endure. As children we played in the cold, no matter how severe it was. As teenagers and young adults, it was normal for my brothers and I to spend hours outside on a freezing cold day. We dressed warm but at the end of a long

work day in the freezing weather, you could feel cold penetrate deep inside your body and into your bones.

When we spent time on the land, living in the cold was a normal part of our life. We were always cold to some degree no matter how well we dressed. When it is minus 40 degrees nothing can keep a person warm out on the land. When you live in this world, you simply grow to accept the fact that you will always be cold no matter what you do. The trick is to keep warm enough to survive and to make sure you don't take too many risks that can strand you in severe cold weather.

Most people know from experience that life in the north affects our health. The arthritis we experience is a constant reminder. The Cree take pride in being able to survive for long periods of severe cold.

The fact is, however, that we pay for it with our aching and stiff joints. Most of the Elders I know up north have developed some form of arthritis. Whenever I hear them talk about this disease they remember stories of how hard life was on the land in the cold and wet. Now in most First Nations in the north, arthritis among the elderly is almost an epidemic.

I witnessed my mother Susan suffer the debilitating affects of arthritis. I can remember her not long ago as a very active, hard working and strong woman who was capable of handling nine children, household chores and so much cooking on a daily basis.

Over the years I watched arthritis take over her body to the point where there were times she was not able to rise from bed in the morning. Thankfully, in the past few years, she has had many treatments, received different types of medication and undergone several operations to deal with her arthritis. She is better these days than she has been in years.

Primary forms of arthritis are: Osteoarthritis, Rheumatoid arthritis, Septic arthritis, Gout and pseudogout, Juvenile idiopathic arthritis, Still's disease and Ankylosing spondylitis. Treatment for arthritis can include physical and occupational therapy, medications, joint replacement surgery and exercise and weight control plans. For more information on arthritis you can go to www.arthritis.ca

23

## Call for Candidates

## The Commissioner's Consultation Forum

## Regulation respecting the procedure for choosing persons qualified for appointment to the consultation forum

## An Act respecting the Health and Welfare Commissioner (R.S.Q., c. C-32.1.1, s. 29)

1. In order to choose persons qualified for appointment to the consultation forum pursuant to sections 24 to 27 of the Act respecting the Health and Welfare Commissioner (R.S.Q., c. C-32.1.1), the Health and Welfare Commissioner draws up a list of citizens qualified for appointment to the forum for each of the 18 regions of Québec.

The Commissioner also draws up a list of persons for all of Québec with special expertise who are qualified for appointment to the forum.

2. To draw up the list of citizens for each of the 18 regions of Québec, the Commissioner must, in accordance with the Regulation respecting supply contracts, construction contracts and service contracts of government departments and public bodies (O.C. 961-2000, 00-08-16), retain the services of a person, partnership or body that is to be responsible for evaluating the candidacies and proposing to the Commissioner at least 3 candidates for each region. If the number of candidates is insufficient, the person, partnership or body may propose a lesser number of candidates for a region.

Any person who so wishes may request the person, partnership or body chosen pursuant to the first paragraph to examine his or her candidacy. The request must be sent before the date indicated in the selection procedure published pursuant to the third paragraph of section 29 of the Act and be accompanied by the applicant's résumé.

The candidates must have their domicile in the region for which they are proposed and must not be disqualified for a reason set out in section 25 of the Act.

The candidacies proposed for each of the 18 regions of Québec are sent to the Commissioner within 2 months of the date indicated in the published procedure for choosing persons qualified for appointment to the forum.

- 3. The list of persons with special expertise is drawn up by the Commissioner after the Commissioner makes a request for proposals of not more than 3 candidates to each of the following bodies:
  - (1) the Collège des médecins du Québec;
  - (2) the Ordre des infirmières et infirmiers du Québec;
  - (3) the Ordre professionnel des travailleurs sociaux du Québec;
  - (4) the Agence d'évaluation des technologies et des modes d'intervention en santé;
  - (5) the Conseil du médicament;
  - (6) the universities offering philosophy or ethics programs;
  - (7) the associations of institutions whose membership includes one or more institutions that have a research ethics committee or a clinical ethics committee;
  - (8) the organizations most representative of sectors of activity related to health or welfare, including the education, economic, environment and labour sectors;
  - (9) the universities offering research programs in health;
  - (10) the Association québécoise d'établissements de santé et de services sociaux.

A proposal by a body is made by its board of directors or bureau, as the case may be, or, in the case of a university, by the authorities at the head of the university department concerned. The proposal must be sent to the Commissioner within 2 months of the date indicated in the published procedure for choosing persons qualified for appointment to the forum.

The candidates proposed must have special expertise in the body's sector of activity.

- 4. The Commissioner evaluates the proposals sent pursuant to sections 2 and 3 and draws up the lists as provided in those sections.
- 5. In addition to the publication under the fourth paragraph of section 29 of the Act, the Health and Welfare Commissioner must also publish, on the Commissioner's Internet site, the procedure for choosing persons qualified for appointment to the consultation forum and the date set by the Commissioner pursuant to that section for making appointments to the forum.
- 6. (Omitted).

### **Receipt of Candidacies**

The Health and Welfare Commissioner does not receive candidacies.

- To submit your candidacy as a member from a region, please download the application form available at www.forumdeconsultation.gouv.qc.ca or call Arlicom Communications toll free at 1 888 939-9919, from Monday to Friday between 8:00 a.m. and 8:00 p.m. You have until November 16, 2007, to register online or to submit your duly completed application form by mail to the following address: Arlicom Communications, 706, rue Laurier, Beloeil, (Québec), J3G 4J6.
- To submit your candidacy as a member with specific expertise, please indicate your
  interest to your affiliated organization or university department among those
  mentioned in section 3 of the Regulation. Such organizations or departments have
  until December 21, 2007, to submit their candidacies proposals to the Health and
  Welfare Commissioner.



## **CLASSIFIEDS**

### **BIRTHDAYS - 101**

Happy belated birthday to my niece, Kelly Rose Pepabano-louttit (Chis.) on November 2, 2007. You have to be a good girl from now on because Santa Clause is on his way, and don't expect too much on your birthday! Anyways, happy birthday and many more....From Aunty Jennifer & your cousins Ethan, Richard & Tommy Dixon.

Sending belated birthday greetings to my cousin, Karen Swallow (Wemindji). Hoping that you'll have a nice day and everyday. Happy birthday on Nov.7, 2007. From Jennifer and family (Ojay).

Birthday wishes going out to our daddy, Robert J. Dixon on Nov.1, 2007. Hoping you'll have a great day. We'll give you a day off only on your birthday! Love u so much. From your boys, Ethan-Robert, Richard and Tommy Dixon

I would like to wish a Happy Birthday to Patrica Voyageur in October (I don't know which # but I know it's in October), and many more birthdays to come. Love in friendship, all the way from Gatineau, Aylmer.

Happy belated3rd birthday to my nistha - Guy Yvonne Mamianskum on Oct 20, 07. Love you lots and many more birthdays to come, xoxoxox. From: your giistha, Guy Patricia Masty-Snowboy (Whap.).

I would like to wish a Happy Birthday to my niece, Winona Alicia Happyjack, born on November 18, 1986, God knows what time. Just to let you know that your Aunt cares and loves you very much, even if I don't show it to you often. Have a nice birthday party. Love ya! You know which Aunt!

I want to say Happy Birthday to my employee Winona Happyjack.....She has worked for me for the past 3 years and is a most faithful employee. She even went as far as to change my poopee diaper, take me out for walks, taking a nap when I napped and just simply tending to my every command! I'm sorry to say but there is no bonus this year, Winona, but if this is any consolation to you, I have now switshed to pullups! So, Happy Birthday Winona, and thank you & I love you for all that you do for me....don't forget to make a wish..... and hope you like the box of babywipes I bought for you!! Your boss, Aiden Belanger. Love ya!! Guesh!

We want wish our Grandfather, Patrick Blueboy a Happy 60th Birthday. We love you and we love spending time with you. Again, Happy Birthday and many more to come. With love from your grandsons, Marcus, Titus and Simon

Someone very special in our lives will be having his 1st birthday on November 18, 2007. We love you so much. You mean so much to us, and we love everything little thing you do. We love your little hands touching our faces. We love your smile when you look at us. We love your laughter when we play peek-a-boo. We just love being so close to you. Happy 1st Birthday, Simon Tyrese Blueboy!!! With lots and lots of hugs and kisses from your mommy, Patricia and your big Bros. Marcus and Titus (Wask).

To Jeremy Swallow, my love: I just thought I'd let you know that I did not forget your birthday. On September 26, 21 years ago you came into this world. And on November 20, a year ago, I was blessed to have you in my life. You rock my world, lol. Happy belated Birthday, and many more to come. Your Gurl Ruth.

### **ANNIVERSARIES – 103**

First of all I want to thank God for my loving & caring husband. I want to wish a Happy 24th Anniversary & many more to come to my husband James R. Neeposh on November 5th. I



## **CLASSIFIEDS**

love you more & more every day & I miss you so much. I wish we could stay together but you have to work to support us & I understand my husband. I'll be thinking of you on our special day & enjoy it in Camp Nemiscau. We'll go for supper on ur next holiday to celebrate our anniversary. Take care my husband. Always thinking of you. xox, your wife Lina who loves you so much xox.

### **IN MEMORIUM - 106**

It has been over a month, since we laid our dad, Kenny Dixon to rest. Our father was a caring and fun person. Anyone & everyone who knew Kenny knew him to be a fun person to hang out with. He would make people feel better, for if a person was having a bad day, he would know how to make a person smile again. Kenny would help people in any way and every way he could. His children and grandchildren were his pride & joy! We will miss the smile that would light up his face every time we got to see him. He will forever be missed, for we know he is in a better place with no more pain. We love you Dad! Rest in Peace! Love: Sherry, Simeon, Samuel, & Sandra Dixon (Lilybelle Bosum, raised by Kenny & Mary), & all your grandchildren.

### PERSONAL MESSAGES - 300

To my mom and dad, Kathleen and John Trapper: I want to let you know you are in my thoughts every day, from the moment I awake. I miss you both very much. I can't help but remember all the good things that you have done for me, guess I had to leave home to realize how lucky I am to have parents like you. Give a kiss and a big hug to my only two lovable nephews, "Boy" Isaiah James and "Baby" Lousious Waabin. And you know my account number, lol.

Pikogan Gaz Stn: I saw you on my way to Montreal. Again, I saw you on my way back home. I liked the way you called my name. You left me with a twinkle in your eyes that moved me. If curious, call me, you know where I work and accessible by cell. They will give you my number. Oil Change Me.

To my love Isaac: I know what has been done cannot be undone. Just as what has been spoken cannot be unspoken. You know about a year and half ago, I dedicated my life, our marriage, our children to Jesus Christ. But what you don't know is I could not give him what he longed for the most. Six years ago I did you wrong. I know

that for a fact that I did, because I couldn't bring myself to accept it. I was literally dead and rotting away in the inside. I didn't have a heart to care much about anything. Time after time I cried unto the Lord, that someday we would understand and love one another unconditionally. Now my Love, a new chapter of my Christian walk has just begun. When I first heard about our situation back home, the important thing is, I felt something move inside of me. As if something has been put back in me. I felt, I felt my heart given back to me, and now because of you I can give Jesus Christ what he longs for the most, my heart. Forever your wife of six years, Elsie Shecapio.

### PUBLIC SERVICE ANNOUNCEMENTS - 400

The Native Women's Shelter of Montreal has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out our website at: www.nwsm.info and feel free to give us any feedback.

Do you need help? Someone to talk to? Call Kid's Help Phone's toll-free at: 1-800-668-6868, or visit: www.kidshelp.sympatico.ca

## **CLASSIFIEDS ARE FREE FOR EVERYONE**

PERSONALS, BIRTHS, ANNIVERSARIES, MESSAGES, ETC.

How to get your info to us:

By Fax: 514-278-9914
By email:
Beesum@beesumcommunications.com
On the web go to:
www.beesumcommunications.com/nation/
and click on "Place a classified"

Snail Mail: 4529 Clark Suite 403 Montréal, Qc, H2T 2T3

If you wish to add a picture, send us a money order for \$10.00. Contact us at 514-272-3077 for more details.

All Classified will be reviewed; any improper content may be withheld.

## Please Bring Our Trailer Home!

Wanted, someone with a trailer hitch leaving Waskaganish, headed to Val D'Or or Montreal. Small, almost empty trailer needs to be transported south. Compensation offered, contact us here at 514-272-3077.



GET IT ONCE, AND YOU'LL GET VACCINATED.

The ministère de la Santé et des Services sociaux recommends vaccination against influenza (the flu).

Free vaccination is offered to persons aged 60 years or older, to those suffering from a chronic illness, to children 6 to 23 months, and to those who come into regular contact with these groups.

www.msss.gouv.qc.ca/influenza

Québec E

Rack at last

H. CLOUTIER and J&W are getting together once again.

## MEGA-SALE FOR WINTER!!!

- With the purchase of a vehicle, receive a \$1,000.00 cheque!
   You never seen this before...just before Christmas!
- If you drive 3 hours and more, and you have a pre-approval;
   we will pay your motel and breakfast! Wow!!!
- Yeain, the credit approval guys will be there once again: Joey, Alain, Jack, Chantal, Nick, Chris, Tim, Bruno, Chrystelle, Mike, Jeff, Max, & Reg.
- The biggest Calgary team, J&W, will be here for the last time this year. Don't miss this!
- If you have something to exchange; motorcycle, ATV, ski-doo, car, generator, weed-eater, tractor, a cord of wood, even your bmx... We take everything!!!
- Do you have credit problems, lateness, divorce, bankruptcy... any other credit problems? No problem for J&W and H. Cloutier. 91% rate of applicants are approved here.
- Bring your Indian Status Card, your proof of address, and a little deposit of \$49.00 and you leave with a vehicle! Unbellevable!!!
- To speed up the process, call 819-732-0404 for a pre-approval. On top of this, free lunch and dinner for everyone.
- 5 million dollars available credit for this event... the biggest event of the winter... Come and see this!!! Access to more than 250 vehicles.



\* 1 coupon per person per vehicle

\* You can use your \$1,000.00 cheque for your down payment or anything you wish for.



TUESDAY Nov. 20th 9 am - 6 pm

WEDNESDAY Nov. 21st 9 am - 6 pm

THURSDAY Nov. 22nd 9 am - 9 pm

FRIDAY Nov. 23rd 9 am - 9 pm

Nov. 24th 9 am – 5 pm



## NISKAMOON CORPORATION

## TEHQ PROGRAM RECRUITMENT TOUR

How would you like to be qualified in one of these career choices?

- Apparatus Electrician
- Apparatus Mechanic
- Automation Electronics Technician
- Telecommunications Technician

The Niskamoon Corporation, in partnership with the Cree School Board and Hydro-Quebec, will be visiting your community to assist you in obtaining a career with Hydro-Quebec through the TEHQ Program.

There are a minimum of 150 Cree permanent positions with Hydro-Quebec within the James Bay territory for you once you have graduated from your choice of enriched education programs in one of the partner institutions.

For more information on these programs, please contact your local Niskamoon Coordinator.

We'll see you there!

LeD. 45. CF 1 4 Q2 L,9UF45. <5, 15 4VU5.Q2.3

- Ο Δ΄ "CPσ-Δ΄ ιδ΄ Ο Γ΄ Ο Γ΄ Ρ΄ Ο Δ΄ Ρίσ-Δασ-Δ΄
   Ο ΛΓΛΣ΄ ιδ΄ Ο Δ΄ Γ΄ Ρ΄ Ε΄ Ο Δ΄ Ρ΄ Ε΄ Ε΄ Ε΄
- O DIO OPCIÓDEDO O DOCOPO

۵۶۶۰ ۵"C.۵" ا ۵۲"۵۹۶، ۵ ا ۱ ۵ ۱۵-۵۰۱ ۵۸۵۲۵ QGC" "QQUY 9A, DIL Q, Q VLV5"C6QQQ Γθρ. Γ. 120 ΦΥ.Φ.Φ. ΦΥ.ΟΥ.Φ. Γ Γ ΦΕΥ.ΟΥ. ΦΥΥ.ΟΥ. ۵۵ الله عام ۱۵۲ محراً ۱۵۲ مع عالم الله عالم AS CHOLLED A.

Δυς Γι Ψα «ЭυγγμηΓρ Γρ. Φ.Δ. Δι νινγη "CPG-0' O 1'40L/20-0', OD' L OPT"O' O' O σ'dJ Δ' 6'Λλ. άΛΛι Δορ. · ΔΛ**>**"C'c O-C" no"c.δσ.ά". άδς" μ' ι .άλγς".

Whapmagoostui	November 5	Badabin Eeyou School	1:00 PM
Chisasibi	November 5	Public Presentation	7:00 PM
Chisasibi	November 6	James Bay Eeyou School	10:00 AM
Wemindji	November 6	Maquatua Eeyou School	2:00 PM
Wemindji	November 6	Public Presentation	7:00 PM
Eastmain	November 7	Public Presentation	1:00 PM
Waskaganish	November 7	Public Presentation	7:00 PM
Waskaganish	November 8	Wiinibekuu School	10:00 AM
Nemaska	November 8	Luke Mettaweskum School	2:00 PM
Nemaska	November 8	Public Presentation	7:00 PM
Amos	November 9	Public Presentation	1:00 PM
Mistissini	November 13	Voyageur Memorial School	1:00 PM
Mistissini	November 13	Public Presentation	7:00 PM
Ouje-Bougoumou	November 14	Waapihtiiwewan School	1:00 PM
Ouje-Bougoumou	November 14	Public Presentation	7:00 PM
Waswanipi	November 20-22	Waswanipi Career Fair	Booth



\*Locations for Public Presentations will be announced on your local radio stations. Please note that dates and times may be subject to change. Local radio stations will be updated with any changes.











